



Office of Councilmember Myrtle Cole
City of San Diego • Fourth Council District
MEDIA ADVISORY

For Immediate Release
November 15, 2013

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Free CPR Training for the Whole Family

Councilmembers urge participation in the city-wide community training program

SAN DIEGO, CA --- Councilmember Myrtle Cole and Councilmember Marti Emerald are partnering to offer Neighborhood Beat, a city-wide community CPR training program. This life-saving training is provided to the community by San Diego Project Heart Beat and Rural/Metro Ambulance.

What: Neighborhood Beat, City-wide Community CPR Training

When: **Saturday, November 16, 2013**
11 a.m. – 2 p.m.

Where: **Jacobs Center for Neighborhood Innovation**
404 Euclid Avenue
San Diego, CA 92114

Who: Myrtle Cole, Councilmember, Fourth Council District
Marti Emerald, Councilmember, Ninth Council District
Maureen O’Conner, CPR Trainer, San Diego Heart Beat
Representatives from Rural/Metro Ambulance

Why: Heart disease is the leading cause of death nationally with an estimated 630,000 deaths per year in the United States.¹ The prompt delivery of cardiopulmonary resuscitation (CPR) more than doubles a cardiac arrest victim’s chance of survival by helping maintain vital blood flow to the heart and brain. By increasing the number of people trained in CPR in our community, we can increase the survival rate of cardiac victims.

This training is being offered to the whole family, ages 4 to 104. There are thirty-minute classes starting on the hour. The last class starts at 1 p.m. Participants are requested to arrive at least 10 minutes prior to start times. Please join us in saving lives!

Source: ¹Santa Barbara County Public Health Department

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